



Emergency Services Empty Hand Tactics

This 2-day (16 hour) Basic Empty Hand Tactics certification program is designed to train and certify you in Empty Hand Tactics that are field tested and proven for surviving real world attacks. Wearing all of your issued emergency gear immediately hinders normal movement and reaction, all of the techniques and tactics instructed in this program are easily executed when wearing all of your assigned gear. This course is designed to enhance your personal development in the combination of empty hand striking, knee strikes, kicks, close quarter control, blocking and covering tactics for protecting yourself, physical tactics that allow you to work within your own physical limitations. Student will be issued a certificate for Empty Hand Tactics.

Topics covered in the program include:

- Hand Strikes
- Knee and kicking tactics
- Combining force options
- Close quarter striking tactics
- Grappling Tactics for control
- Documentation and use of force options
- Survival combinations that work
- Counter assault tactics
- Increasing you Power & Strength for striking
- Learning your fight life
- Tactics for winning the fight!

Duration: 2 Days

Tuition: \$250.00

Ammunition: None – Training weapons and training projectiles supplied by Air Soft

Equipment Required: Clothing and footwear for defensive tactics instruction, with YOUR assigned duty gear complete with SCBA, helmet, gloves and uniform, boots, groin protection and mouthpiece a must.